



Statistics Report 01128, Egg, whole, cooked, fried

Report Date: July 09, 2017 11:50 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	69.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kcal	196	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Energy	kJ	821	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Protein	g	13.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Total lipid (fat)	g	14.84	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Ash	g	1.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carbohydrate, by difference	g	0.83	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Sugars, total	g	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glucose (dextrose)	g	0.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fructose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Maltose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Galactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	62	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Iron, Fe	mg	1.89	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Magnesium, Mg	mg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phosphorus, P	mg	215	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Potassium, K	mg	152	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sodium, Na	mg	207	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Zinc, Zn	mg	1.39	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Copper, Cu	mg	0.078	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Manganese, Mn	mg	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Selenium, Se	μg	33.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fluoride, F	μg	1.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Thiamin	mg	0.044	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Riboflavin	mg	0.495	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Niacin	mg	0.082	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Pantothenic acid	mg	1.660	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-6	mg	0.184	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Folate, total	μg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Folate, DFE	µg	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Choline, total	mg	317.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Betaine	mg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin B-12	µg	0.97	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin A, RAE	µg	219	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Retinol	µg	216	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, beta	µg	35	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cryptoxanthin, beta	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin A, IU	IU	787	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lutein + zeaxanthin	µg	543	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E (alpha-tocopherol)	mg	1.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Tocopherol, beta	mg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, gamma	mg	0.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, delta	mg	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D3 (cholecalciferol)	µg	2.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D	IU	88	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin K (phylloquinone)	µg	5.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lipids													
Fatty acids, total saturated	g	4.323	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
8:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
10:0	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:0	g	0.047	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
15:0	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:0	g	2.954	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
17:0	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:0	g	1.268	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:0	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total monounsaturated	g	6.182	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:1 undifferentiated	g	0.228	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
17:1	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:1 undifferentiated	g	5.904	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:1	g	0.029	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total polyunsaturated	g	3.251	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated	g	2.781	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:3 undifferentiated	g	0.137	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
20:2 n-6 c,c	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:3 undifferentiated	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:4 undifferentiated	g	0.203	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:4	g	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:5 n-3 (DPA)	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:6 n-3 (DHA)	g	0.063	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cholesterol	mg	401	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phytosterols	mg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Amino Acids													
Tryptophan	g	0.181	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Threonine	g	0.602	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Isoleucine	g	0.728	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Leucine	g	1.177	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lysine	g	0.989	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Methionine	g	0.411	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cystine	g	0.294	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phenylalanine	g	0.736	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tyrosine	g	0.541	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Valine	g	0.930	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Arginine	g	0.887	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Histidine	g	0.335	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Alanine	g	0.795	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Aspartic acid	g	1.438	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glutamic acid	g	1.817	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glycine	g	0.467	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline	g	0.558	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Serine	g	1.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003